

# How sustainable is your lifestyle?

Practicing sustainability is important to meet our current needs without compromising our natural environment for future generations. There are many easy and practical ways to practice sustainability in your everyday life!

**Take our quiz to see how sustainable your lifestyle is!**

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True/False: I know plastic bags are not accepted in recycling, but it's okay to place my recyclables in a clear plastic bag.

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What is your main form of transportation?

- Public transportation
  - Cycling or walking
  - Electric/hybrid vehicle
  - Gas-powered vehicle
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True/False: Paper coffee cups have a lining that makes it impossible to recycle the paper in standard paper pulp facilities.

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Which of the following are clothing shopping methods you use?

- Shopping at thrift stores
  - Buying new clothing to match seasonal trends
  - Picking garments made from natural fibers like cotton
  - Buying a few, high-quality items that will last
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How long are you in the shower?

- 5 minutes
- 10 minutes
- 15 minutes
- 20 minutes

Don't miss the St. Louis Earth Day Festival on April 23 and 24 in Forest Park!  
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# Sustainability Fact Answer Sheet

## How sustainable is your lifestyle?

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False, plastic bags should not be put in recycling bins. However, many of our local grocery stores have plastic bag collection points.

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Limiting your gas-powered vehicle usage will help reduce your personal carbon footprint and create a more sustainable community.

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True, to combat using paper cups bring your own reusable cup.

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All of these methods are ways of practicing sustainability except buying new clothing to match seasonal trends. In addition to shopping, you can repurpose textiles to upcycle your wardrobe!

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The average length of shower in America is 8 minutes and uses 20 gallons of water. Try reducing your shower time to reduce your water footprint.

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